

September 19, 2016

Florida Department of Health in Santa Rosa County and SAFER Santa Rosa Host 5K Run/Walk



Contact:

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Milton, FL – The Florida Department of Health in Santa Rosa County (DOH-Santa Rosa) and SAFER Santa Rosa (Support Alliance for Emergency Readiness) are partnering to host the Second SAFER 5K Healthy Heart/Healthy Community Run/Walk, Saturday, September 24, at the Blackwater Heritage Trail on Highway 90 in Milton. The event is in observance of World Heart Day and supports the Department's Healthiest Weight initiative. It is smoke-free and family friendly.

Participants may preregister at the health department Thursday, September 22, 4:00 p.m.-6:00 p.m. and Friday, September 23, 3:00 p.m.-5:00 p.m., or they may register the day of the race at the Blackwater Trail behind SunTrust Bank from 7:00 a.m.-8:00 a.m. The race will begin at 8:30 a.m. Participants may be asked to sign a waiver and a photo release. The registration fee is \$20.00 for those 12 years of age and over and \$10.00 for those under 12. The first 100 participants will receive t-shirts. Awards will be given in age categories. It is a self-timed race. The race will continue rain or shine, although there may be a delay in start time in the event of lightning.

Additional sponsors include; Baptist Health Care, Santa Rosa Medical Center, Alert Santa Rosa Emergency Notification System, The Florida Department of Environmental Protection, the Healthy Start Coalition of Santa Rosa County, the Florida Park Service, Safe Communities America-Santa Rosa County, Anytime Fitness of Milton and Tobacco Free Florida. For additional information, contact Daniel Hahn at 850-983-4606 or danielh@santarosa.fl.gov.

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